

ASHA ACTIVITIES

Community Resources/ Networking

ASHA maintains a network with key community providers in the legal, healthcare and family services in Central Ohio. ASHA members collaborate with other mainstream and Asian American organizations with similar goals in Central Ohio and nationwide.

Knowledge Sharing/ Awareness

ASHA organizes lectures, forums, panel discussions, and film showings to raise awareness about the issues surrounding domestic violence.

Fundraising/ Financial Support

ASHA organizes fundraising events, such as cultural programs, to support its mission. ASHA depends on the generosity of individual corporations and grants from public and other philanthropic sources.

Domestic Crisis Assistance/ Support

ASHA's trained counselors offer confidential assistance to families in domestic crises and will work with them to gather all available resources they may need. The aim of this service is to provide a link within the Asian American community to mainstream support systems.

When Domestic Violence
Occurs, Everyone in Our
Community Gets Hurt

ASHA RAY OF HOPE

ASSIST
SUPPORT
HELP AND
ADVOCATE
...for social change

Contact Us At:

Phone: 614-223-2121

Crisis Line: 614-565-2918

www.asharayofhope.org

E-mail: asha-rayofhope@sbcglobal.net

1505 Bethel Road, Suite 103
Columbus, Ohio 43220

Other Important Numbers:

CHOICES (offers safe housing): 614-224-4663

Legal Aid: 614-241-2001

Immigration & Refugee Services: 614-235-5747

Franklin County Job & Family Services (offers food stamps, Medicaid): 614-462-4000

If you are in a domestic violence situation, we can help provide the following services:

- Link to immigration services
- Gateway to safe housing
- Interpretation services
- Counseling and peer discussion groups
- Support throughout legal processes
- Connections to a wide range of community services

ASHA offers the option of working with someone who shares your culture

South Asian
Countries For
Which We
Provide Services:



Mission Statement

ASHA-Ray of Hope exists to support and counsel individuals and families affected by domestic violence in Ohio, especially in the South Asian community. Through advocacy, collaboration and awareness activities, ASHA will help to educate the greater community and connect individuals and families with the resources they need to achieve self reliance.



ASHA—RAY OF HOPE

What is domestic violence?

Domestic violence and abuse are patterns of behavior that establish power and control over an intimate partner through fear and intimidation. It often begins with name calling and may include emotional, sexual or verbal abuse. It can progress to physical violence like pushing, hitting and kicking. It may even escalate and result in serious injuries, hospitalization and even death. Abuse can occur across all ages, incomes, cultures, religions, education levels and races. Domestic violence between partners happens in all kinds of relationships—married, dating or live-in partners. Anyone can fall victim to domestic violence.

Signs of Abuse

Often, domestic violence goes unreported due to social stigmas that inhibits victims from disclosing their abuse. Victims may be too ashamed or frightened to admit that they are being abused—even to close friends and family. Recognizing abuse is key to helping someone escape a violent situation.

Some signs to look for:

- Repeated bruises or injuries, often attributed to accidents or clumsiness
- Often canceling plans, or needing permission from a partner to make plans
- Being withdrawn or ceasing to socialize outside the home, high rate of absenteeism, tardiness, missed appointments and leaving work early

How can you help & make a difference in your community?

Do you know someone in an abusive relationship? Making the decision to get involved can be difficult, especially if you don't know how to help. But for many victims, the knowledge that someone cares and is willing to provide emotional support is critical to starting a new life free from abuse and fear.

Here are a few ways you can help someone suffering from abuse:

- Believe her. Ask her about the situation and listen to her without judging.
- Tell her that you support and care about her.
- Respect her need for confidentiality.
- Reassure her that she is not responsible for the abuse and that it is never acceptable.
- Let her know that she is not alone. Domestic abuse happens to many people.
- Give her clear messages that she cannot change her partner's behavior. Apologies and promises will not end the violence and it is never justified.
- Her physical safety is the first priority. Discuss her options and help her make plans for her and her children's safety.
- Be understanding if she chooses not to leave her abuser, or if she goes back to him after leaving. Many women leave an abuser several times before ending the relationship.
- Educate yourself and share information with her about local resources that can help if she decides to leave the relationship.

DOMESTIC VIOLENCE HURTS EVERYONE

Membership Form

_____ YES, I would like to be a member of ASHA. Enclosed is a check for \$25 for my annual membership

_____ YES, we would like our family to be members of ASHA. Enclosed is a check for \$35 for our annual membership

_____ YES, I would like to make a donation of \$_____ to ASHA.

Please note that membership dues and donations are tax deductible. A receipt will be provided. Please do not send cash in the mail.

Make checks payable to:

ASHA-Ray of Hope

Yes, I would like to consider volunteering for:

- ___ Program & Events Planning
- ___ Community Awareness
- ___ Membership
- ___ Fund Raising
- ___ Web Design
- ___ Newsletter
- ___ Administrative Assistance
- ___ Other (Please Specify) _____

Name: _____

Address: _____

Phone: _____

E-mail: _____